

Special Issue

Natural Antioxidants in Functional Foods

Message from the Guest Editors

Growing interest in plant-derived antioxidants has driven research into their health benefits. Fruits, vegetables, tea, coffee, and cacao contain antioxidants like vitamin C, tocopherols, carotenoids, and polyphenols, which combat free radicals, reduce inflammation, and may prevent chronic diseases. These compounds often work synergistically, offering greater benefits when consumed together. Functional foods enriched with natural antioxidants—even from waste by-products—are gaining attention for disease prevention. Beneficial microbes can further enhance these foods' health properties. This Special Issue on "Natural Antioxidants in Functional Foods" aims to serve as an open-access platform for researchers to present their latest findings and insights. By fostering collaboration and communication among scientists, industries, and production sectors, this initiative hopes to advance innovation and application in the development of antioxidant-rich functional foods.

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About the Journal

Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of “oxidative stress” a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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